

## Message from Jemma Lambert

All of the pieces have finally come together! We're delighted to announce that we've found a home for the many and varied programs and services offered through Andover Elder Services.

### The Senior Center

It had been our hope and intention to try to replicate the Senior Center experience to the greatest extent possible so that you and your network of friends can join us for a class, have lunch and gather informally all in one spot. We couldn't be happier to share that we succeeded in finding a new (temporary) home at the Ballard Vale United Church. Just a few minutes outside of downtown Andover, the Church offers ample parking, very comfortable handicapped accessible activity space and a commercial kitchen. It's the perfect place for us to call home while the Senior Center itself is renovated.

**Our last day in the Center at Punchard is Friday, November 22<sup>nd</sup>.** Please join us that day for a drop-in, informal goodbye celebration. Light morning refreshments and afternoon coffee and desserts will be provided. We'll also have lots of written information about the transition for you to take home with you.

**The Senior Center will be closed November 25-29.**

**Senior Center activities will resume at Ballard Vale on Monday, December 2<sup>nd</sup>.** We welcome you all to drop by our new home that first week for an informal open-house and class registration.

### Administrative Offices

Staff will move to the opposite side of Town Hall. You will want to visit our offices to:

- Register for a class
- Make an appointment
- Meet with a case manager or social worker
- Meet with Ashley English, our Volunteer Coordinator
- Speak with Chris about a billing or payment issue
- Get an answer to a question you may have

Visitors should park in the half-circle directly in front of Town Hall on Bartlet Street. The office is on the ground level. Enter under the awning to the right of the stairs. Once inside, our office can be found on the right at the end of the hall.

### Reaching Staff by Phone

All phone numbers for staff and the Senior Center will remain unchanged.

### Senior Day Care/Senior Connections

Will be moving to 2 Dundee Park on November 18th. Senior Connections will be open on November 25-27. Stephanie, Sharon and all of the wonderful program Aides will call their beautiful temporary space home for the duration of the transition.

### Classes/Activities

The new activity calendar has been completed. While the majority of our classes/activities will be held at the relocated Senior Center, some will find homes with our community partners at the Youth Center, Bridges at Epoch, Stone Hill at Andover, The Savings Bank and Enterprise Bank. Please read more about the Activity Calendar starting on page 4.

You will be able to register for classes at our Administrative offices and at the relocated Senior Center. Our on-line registration service: [www.MyActiveCenter.com](http://www.MyActiveCenter.com) will continue to be available. We encourage all to take advantage of this on-line registration option.

### Transportation

We're delighted to announce that public transportation to our temporary home at the Church is in place. If you rely on MVRTA to drop you off at the Senior Center, please know that service will continue.

If you drive to the Senior Center and plan to continue to do so at our temporary location, we ask that you **please carpool** whenever possible. Thank you in advance for doing so.

On behalf of all, I want to thank you for your patience and understanding these past few months. We know it's not been easy. There are a thousand details associated with all of these moves. Staff are working hard to try to anticipate any/all issues, however, we know there will be hiccups along the way as we all adjust to our new home(s). Together we will get through those!

Onward and upward!

Jemma

**ANDOVER ELDER SERVICES**  
The Senior Center at Punchard

## How to Register

**In Person:** Mon-Fri 8 am- 4 pm  
Senior Center, 23 Clark Road, Andover  
Town Hall Offices, 36 Bartlet Street, Andover

**By Phone:** 978.623.8320

**Online:** [www.MyActiveCenter.com](http://www.MyActiveCenter.com)

**Payments:**

- Online with PayPal
- In person: cash, check, or credit card
- By mail: check
- By phone: credit card

## Inclement Weather Policy

When Andover Public Schools are closed for weather related issues, the Senior Center is also closed for all programs, activities, classes, lunch, and Meals on Wheels deliveries.

School cancellations are announced on TV stations 4, 5, and 7, Andover cable channel 10, as well as radio station WCCM, beginning about 6 am. Please listen to these stations in the morning for announcements.

For up to date information on any schedule changes, please call our information line at 978-623-8302 for cancellations at any time.

Please note: This info line is an announcement line only.

## Council on Aging Vision, Mission and Values

### VISION

Today's active older adults are redefining quality of life and healthy aging. The Center at Punchard strives to be the focal point for Andover area older adults who depend on us to support their vitality and independence, provide them with a sense of purpose and the opportunity for seniors to help seniors.

### MISSION

To empower, improve and enrich the lives of our citizens, focusing on adults age 50 and over and those with disabilities, and enhance their quality of life and feeling of self-worth by promoting healthy aging, independence, life-long learning and physical, social and emotional well-being, through caring service with opportunities for social interaction among their peers and the community, recreation, basic support and needs services, culture, entertainment, education, volunteerism and community activism.

### VALUES

COMPASSION

DIGNITY

WISDOM

REMEMBRANCE

INTEGRITY

DIVERSITY

INNOVATION

JOY

SAFETY

LEADERSHIP

SERVICE

## Hours of Operation

Monday	8 am - 4 pm
Tuesday	8 am - 4 pm
Wednesday	8 am - 4 pm
Thursday	8 am - 4 pm
Friday	8 am - 4 pm

## Contact Information

**Phone:** 978.623.8320

**Info Line:** 978.623.8302

**Email:**

[seniorcenter@andoverma.gov](mailto:seniorcenter@andoverma.gov)

**Web:**

[andoverma.gov/seniorcenter](http://andoverma.gov/seniorcenter)

Follow us on Social Media!



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## Council on Aging Board Members

Paul MacKay, Chair

Molly Bicking, Vice Chair

Kenneth DeBenedictis

Joan Fox

Tana Goldberg

Louise Hadad

Jeff Kaplan

Kimberly Rainen

Thomas Rando

Judy Trerotola

The Council on Aging Board meets on the second Thursday of each month. This is a public meeting and all are welcome to attend.

# NEW LOCATION OF THE SENIOR CENTER

23 Clark Road, Andover

at the Ballard Vale United Church

Opening on Monday, December 2, 2019



It had been our hope and intention to try to replicate the Senior Center experience to the greatest extent possible so that you and your network of friends can join us for a class, have lunch and gather informally all in one spot. We couldn't be happier to share that we succeeded in finding a new (temporary) home at the Ballard Vale United Church. Just a few minutes outside of downtown Andover, the Church offers ample parking, very comfortable handicapped accessible activity space and a commercial kitchen. It's the perfect place for us to call home while the Senior Center itself is renovated.



## WHERE TO GO:

Main entrance is in **Parking Lot #1** off of Clark Road. This entrance brings you to the first floor. The large program/exercise room is on this floor, along with the kitchen.

Additional parking in **Parking Lot #2**. This entrance brings you to the second floor.

Restrooms are on both 1st & 2nd floors. The building is equipped with an elevator.



## Activity Calendar

### Schedule & Location Changes

Beginning in December

Locations	Addresses
Clark Road (Ballard Vale United Church)	23 Clark Road, Andover MA 01810
Dundee Park	2 Dundee Park Dr. #201 Andover MA 01810
Dance Infusion	19 Lupine Rd. Andover MA 01810
Stone Hill at Andover	141 Elm St., Andover MA 01810
Cormier Youth Center	40 Whittier Court, Andover, MA 01810
Andover Hearing Center	11 Chestnut St. Unit #6, Andover MA 01810
Town Hall (Staff Offices)	36 Bartlett St. 1st Floor, Andover MA 01810
Memorial Hall Library	2 North Main St. Andover MA 01810
Bridges by Epoch	254 Lowell St. Andover MA 01810



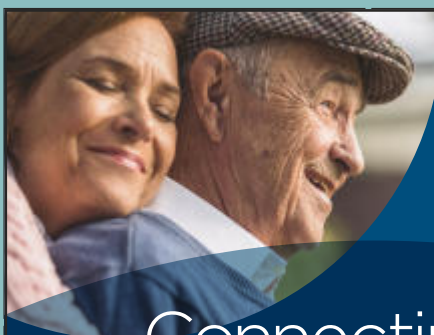
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### Important Dates and Information

- Closed Veterans Day on Monday, November 11
- Last day at the Senior Center is Friday, November 22
- Closed the week November 25-29
- Telephone numbers and email addresses will remain the same



### Farewell Party

**Friday, November 22**

Join us for “Food and Fun” as we say goodbye to the Senior Center for the next 18-24 months while construction is underway.

### Case Management & Outreach Services Updates

Given the Senior Center will be undergoing a major renovation starting this fall and the Center will be closed for approximately 18-24 months, it is necessary for staff to re-locate their offices. Most staff, including all Outreach and Case Management Services, will be temporarily located on the front side of Town Hall, ground level. Visitors should park in the half-circle directly in front of Town Hall on Bartlet Street and enter under the awning. Once inside, our office can be found on the right at the end of the hall. There will be signage directing where to go upon entering. There is plenty of short term parking in the front section of Town Hall. All inquiries re: outreach services, Meals on Wheels and case management services will be available at this location. Our telephone numbers and email contacts will remain unchanged.

### Senior Connections temporary space at Dundee Park

While the Senior Center undergoes major renovations, Senior Connections will be temporarily moving to 2 Dundee Park, Suite 201 (2<sup>nd</sup> floor) in Andover. The building is handicapped accessible and has plenty of parking, including handicapped spaces. The sidewalks, ramps, and stairs are also conveniently heated to assist with snow/ice melt during the winter months. We will be fully operational on Monday, November 18 and will be open on November 25, 26, 27. We expect the renovations to take approximately 18-24 months and we will provide regular updates on the progress. We are very excited about Senior Connections' temporary home and cannot wait for our participants to see it! Please reach out to Stephanie McSurdy at 978-623-8339 with any questions regarding the transition.

### Fitness Class Update

In this newsletter the location & times of all classes for the Winter Session are listed. Please know we have tried our best to keep classes on the same day of the week, but times may vary from what has been offered. Two classes are now offered at the Cormier Youth Center as well as Walk the Gym. Please carefully check the schedule before you register. Thank you.

### Nutrition Program, Lunch Box and Catering

The last day for congregate lunch at our current location will be Friday, November 22. There will be no congregate lunch the week of November 25. Congregate meals will begin again on Monday, December 2 at the Senior Center located at Ballardvale United Church, 23 Clark Road, Andover. There will be no interruption with the Meals on Wheels program and meals will be delivered on November 25, 26, 27. The last day of Lunch Box and Catering will be November 22.

Activity Calendar			
Services	Day	Time	Location
Ask the Lawyer	*/****	9:30-10:30	Clark Road
Brown Bag	4th Tue*	9:30-10:30	Clark Road
Congregate Lunch	M-F	12:00	Clark Road
Hearing Aid Checks and Cleanings	****	9:30-10:30	11 Chestnut St. Unit #6
Mindfulness Meditation	Thurs	10:00-10:45	Clark Road
Pain Management Support Group	2nd Mon.	1:30	Clark Road
Podiatry	****	9-12:00	Bridges by Epoch
SHINE	****	8:30-12:30	Clark Road
Techie Live	*/****	1:00-3:00	Clark Road
Wellness Clinic	Wed.	2:00-4:00	Clark Road
Chair Massage	Mon.****	10:00-12:00	10 Post Office Ave. #5
Activities	Day	Time	Location
Book Club	Jan 2nd/Jan 30	1:30-3:00	Memorial Hall Library
Canasta	Tues.	12:30-3:30	Clark Road
Comfort Critters	Wed.	8:30-10:30	Clark Road
Duplicate Bridge	Thurs.	1:00-3:30	Clark Road
ESL- Friday	Fri.	1:00-2:00	Clark Road
Fiber Arts Drop-In	Wed.	10:00-2:00	Clark Road
Fix-It Shop	2x per month	1:00-3:00	Clark Road
Knit Wits	Wed.	1:00-3:00	Clark Road
Mahjong	Tues.	12:30-3:30	Stone Hill at Andover
Open Studio Art	Thurs.	10:00-12:00	Stone Hill at Andover
Ping Pong Dancing/Drop in	Fri.	2:00-3:30	Clark Road
Quilting	Mon.	9:00-11:00	Clark Road
Rythm-Aires	Mon.	10:00-11:00	Bridges at Epoch
Sunrise Singers	Mon.	9:00-10:00	Bridges at Epoch
Social Bridge Drop in	T&F	1:00-3:30	Clark Road
The Write Stuff	Wed.	10:30-11:30	Clark Road
Wood Carving & Model Building	Wed.	9:00-11:30	Clark Road
Women's Bridge	Thurs.	10:00-1:00	Clark Road
45's	Fri.	1:00-3:30	Clark Road
Meetings	Day	Time	Location
Andover Chronicler's	1st & 3rd Thurs.	9:00-11:00	The Savings Bank
Andover Senior Community Friends Meeting	3rd Fri.*	10:30	The Savings Bank
COA Board Meetings	2nd Thur.*	8:30-10:00	Town Hall Select Board Room
Triad Meetings	2nd Thur.*	10:00	Town Hall
Capitol Campaign Meetings	***	10:00-11:30	Enterprise Bank

## Activity Calendar

Fitness Class	Day	Time	Location
Breath, Balance & Body	Tues.	9:15-10:15	Clark Road
Beginners Yoga	Tues.	10:30-11:30	Clark Road
Energize with Exercise Monday	Mon.	3:00-3:50	Clark Road
Energize with Exercise Thursday	Thurs.	3:00-3:50	Clark Road
Line Dancing	Tues.	2:30-3:30	Clark Road
Men and Women in Motion Tuesday	Tues.	9:15-10:15	Youth Center
Men and Women in Motion Thursday	Thurs.	9:15-10:15	Youth Center
Sit & Get Fit Thursday	Tues.	12:30-1:15	Clark Road
Sit & Get Fit Tuesday	Thurs.	12:30-1:15	Clark Road
Strength Training Wednesdays	Wed.	8:15-9:00	Clark Road
Strength Training Wednesdays 2nd Class	Wed.	9:15-10:00	Clark Road
Strength Training Fridays	Fri.	8:15-9:00	Clark Road
Strength Training Fridays 2nd Class	Fri.	9:15-10:00	Clark Road
Strengthen and Stride Tuesdays	Tues.	10:20-11:15	Youth Center
Strengthen and Stride Thursdays	Thurs.	10:20-11:15	Youth Center
Tap Dancing Basic	Wed.	9:00-9:45	Dance Infusion
Tap Dancing Performance	Wed.	9:45-11:00	Dance Infusion
Walk the Gym	Tues. & Thurs.	9:15-11:15	Youth Center
Yoga Advanced Beginner	Wed.	1:00-2:00	Clark Road
Yoga For All	Mon.	1:00-2:00	Clark Road
Yoga for Beginners	Tues.	10:30-11:30	Clark Road

\* Once a month

\*\*\* Alternating Weeks

\*\*\*\* Call to schedule an appointment

## Winter Session Registration

**Winter Session:** December 9th through February 21st

Registration for the Winter Session will take place at **23 Clark Road** starting **December 3rd through 5th 10:00-2:00** during our open house. We will also take registration forms at our staff offices, **36 Bartlet St. first floor** or online with [MyActiveCenter.com](http://MyActiveCenter.com)

## Cormier Youth Center Schedule

Winter Session runs from December 10, 2019 through February 13, 2020. Times for all classes are between 9:15 am and 11:15 am. No classes during Holiday Vacation on December 24, 26 & 31.

### Back in January! Dates TBA

Ask the Lawyer  
Tai Chi Advanced Beginner  
Tai Chi Beginner  
Tai Chi Intermediate

### Back in the Spring! Dates TBA

Bereavement Support Group  
Men's Outdoor Adventure Group (Dec. 4th. Meet at trailhead)  
Women's Outdoor Adventure Group  
Nordic Walking

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## November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> 9:00 Quilting 9:00 Sunrise Singers 10:00 Massage 10:15 Rhythm-Aires 12:00 <b>American Chop Suey</b> 1:00 Drama Reading and Discussion 1:00 ESL (off site) 1:00 Fix-it Shop 1:00 Yoga for All 3:00 Energize w/ Exercise	<b>5</b> 8:00 Men/Women Motion 9:00 Podiatry 9:10 Strengthen & Stride 9:30 Hearing Aid Check 10:00 Women's Bridge 10:15 Sit & Get Fit 10:30 Yoga for Beginners 12:00 <b>Chicken Parm</b> 12:30 Mahjong 1:00 Canasta 1:00 Social Bridge Drop in 1:10 Tai Chi Beginner 2:00 Breath, Balance & Body 2:10 Line Dancing 3:00 Zumba	<b>6</b> 8:00 Strength Training 8:45 Strength Training 8:30 Comfort Critters 9:00 Wood Carving/ Model 9:00 MOAG 9:00 Tap Dancing Basic 9:45 Tap Performance 10:00 Fiber Arts 10:00 Grocery Shopping 12:00 <b>Stuffed Cabbage</b> 1:00 Knit Wits 1:00 Fun & Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic	<b>7</b> 8:00 Men /Women Motion 9:00 SHINE 9:00 WOAG 9:10 Strengthen & Stride 10:00 Open Studio Arts 10:00 Women's Bridge 10:00 Mindful Meditation 12:00 <b>Lemon Chicken</b> 1:00 Bridge 1:10 Tai Chi - Intermediate 2:15 Tai Chi - Adv-Beg 3:30 Energize w/ Exercise 4:00 <b>Neighbors In Need</b> Final Boomerventure 6:00 Reflexology 6:00 Table Tennis 6:45 Serenity Yoga	<b>8</b> 8:00 Strength Training 8:30 French Conversation 8:45 Strength Training 9:30 Chinese Rehearsal 10:00 Delta the Dog 10:15 Sit & Get Fit 12:00 <b>Fish</b> 1:00 Canasta/ Forty-Fives 1:00 Social Bridge Drop in 1:00 ESL 2:00 Ping Pong & Dancing
<b>11</b> <b>Veterans Day</b>	<b>12</b> 8:00 Men & Women in Motion 9:10 Strengthen & Stride 10:00 Women's Bridge	<b>13</b> 8:00 Strength Training 8:45 Strength Training 8:30 Comfort Critters	<b>14</b> 8:00 Men/Women Motion 8:30 COA Board Meeting 10:00 TRIAD Meeting	<b>15</b> 8:00 Strength Training 8:30 French Conversation 8:45 Strength Training



<b>Center Closed</b>	<p>10:15 Sit &amp; Get Fit 10:30 Yoga for Beginners 12:00 <b>Chicken Marsala</b> 12:30 Mahjong 1:00 Fun &amp; Games/ Canasta 1:00 Social Bridge Drop in 2:00 Breath, Balance &amp; Body 2:15 Line Dancing 3:00 Zumba</p>	<p>9:00 Podiatry 9:00 Wood Carving/ Model 9:00 Tap Dancing Basic 9:45 Tap Performance 10:00 Fiber Arts 10:00 Grocery Shopping 12:00 <b>THANKSGIVING LUNCHEON—TICKETS \$10</b> 1:00 Knit Wits 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p>10:00 Art Studio 9:00 Women's Outdoor Adv. 9:00 Andover Chronider's 9:10 Strengthen &amp; Stride 10:00 Women's Bridge 10:00 Mindful Meditation 12:00 <b>Rosemary Garlic Pork</b> 1:00 Bridge 1:30 Parkinson's Support 3:30 Energize w/ Exercise</p>	<p>10:00 Delta the Dog 10:15 Sit &amp; Get Fit 12:00 <b>BIRTHDAY LUNCH Cheeseburger</b> 1:00 Forty-Fives/Bridge 1:00 Canasta 1:00 ESL 2:00 Ping Pong &amp; Dancing</p>
<p>18</p> <p>9:00 Quilting 9:00 Cable Group 9:00 Sunrise Singers 9:00 WOAG 9:30 <b>Ask the Lawyer</b> 10:00 Massage 10:15 Rhythm-'Aires 12:00 <b>Chicken Broccoli</b> 1:00 Yoga for All 1:00 ESL (Offsite) 1:00 Fix-it Shop 1:00 Caregiver Support 1:00 Techie Live 3:00 Energize w/ Exercise</p>	<p>19</p> <p>8:00 Men/Women Motion 9:10 Strengthen &amp; Stride 10:00 Women's Bridge 10:15 Sit &amp; Get Fit 10:30 Yoga Beginners 12:00 <b>Meatloaf</b> 12:30 Mahjong 1:00 Fun &amp; Games /Canasta 1:10 Social Bridge 2:00 Breath, Balance &amp; Body 2:15 Line Dancing 3:00 Zumba— Final</p>	<p>20</p> <p>8:00 Strength Training 8:45 Strength Training 8:30 Comfort Critters 9:00 Podiatry 9:00 Wood Carving &amp; Model 9:00 Men's Outdoor Adv. 9:00 Nordic Walking Begins 9:00 Tap Dancing Basic 9:45 Tap Dance Performance 10:00 Fiber Arts 10:00 Grocery Shopping 12:00 <b>Sweet &amp; Sour Pork</b> 1:00 Knit Wits 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p>21</p> <p>8:00 Men /Women Motion 9:00 SHINE 10:00 Open Studio Art 9:10 Strengthen &amp; Stride 10:00 Mindful Meditation 10:00 Women's Bridge 10:00 Brush Painting 12:00 <b>Chicken Cordon Bleu</b> 1:00 Bridge 1:30 Book Club 3:30 Energize w/ Exercise</p>	<p><b>Last Day Celebration 22</b></p> <p>8:00 Strength Training 8:30 French Conversation 8:45 Strength Training 9:30 Chinese Rehearsal 10:00 Delta the Dog 10:15 Sit &amp; Get Fit 12:00 <b>Salmon Mango Chutney</b> 12:30 Ice Cream Social 1:00 Canasta 1:00 Forty-Fives 1:00 Social Bridge Drop in 1:00 ESL 2:00 Ping Pong &amp; Dancing</p>
<p>25</p> <p><b>Center closed</b> <b>Meals on Wheels will be delivered</b></p>	<p>26</p> <p><b>Center Closed</b> <b>Meals on Wheels will be delivered</b></p>	<p>27</p> <p><b>Center Closed</b> <b>Meals on Wheels will be delivered</b></p>	<p>28</p> <p><b>Center Closed</b> <b>Thanksgiving</b></p>	<p>29</p> <p><b>Center Closed</b></p>



## Transportation

The time has come to confirm the location of our temporary Senior Center. We are excited to occupy space at the beautiful **Ballard Vale United Church at 23 Clark Road Andover.**

### **TRANSPORTATION SERVICES WILL REMAIN ACCESSIBLE AND AVAILABLE TO HELP FACILITATE ANY OF YOUR TRAVELLING NEEDS.**

Medical Transportation, Grocery Shopping Trips, and Townie Trips all continue as usual.

Now, more than ever, please use our service of **DAILY RIDES TO AND FROM THE CENTER** to join us for activities, classes, congregate lunch, and socializing.

**MVRTA Bus service** is generously offering a **REVISED #21 BUS ROUTE** to accommodate bringing people to and from our temporary location....

Below is a print out of the new route for the 21 Bus; please review and note the changes made.

**HANDOUTS, MAPS AND INFO** will be available at the Farewell Party on November 22nd to help with any transportation questions you may have....staff will be available to talk thru any concerns.

Lastly, please consider **CAR-POOLING**....there is parking available but it would be nice to share rides and save space.....it's good for the environment too!!!!!!

We are committed to providing the best options for all your transport needs.

**CALL SHAWNA OR ASHLEY TO TALK ABOUT ALL THINGS TRANSPORTATION AT 978-623-8320**

#### **Route 21 Service Adjustments for Senior Center**

**Route Overview:** The bus will begin at Chestnut court.

- It will travel out to Main Street and take a left on Central Street and a right on School Street.
- From School Street it will take a left to Essex Street and a quick right to Railroad Street to Service the Andover Commons.
- From the Andover Commons it will take a left on North Main Street and service Shawsheen Plaza.
- It will exit the plaza and service Frye Circle on North Main Street.
- It will then exit Frye Circle and proceed to Doctor's park (Via North Main Street to Haverhill Street)
- It will proceed to the YMCA and service the front of the building.
- It will exit this location and proceed down route 114 to North Andover Mall.
- It will exit the mall and proceed up route 114 and take a right on Waverly Road to service Doctor's Park.
- It will exit Doctor's Park and service Frye Circle (via Haverhill Street to North Main Street)
- Upon exiting Frye Circle it will proceed on to Shawsheen Plaza.
- It will then travel to Railroad Street to service Andover Commons.
- From Railroad Street it will take a right on Essex Street and turn left on Red Spring Road.
- Red Spring Road will eventually turn into Andover Street.
- The bus will then take a right on Hall Avenue and a left into the Ballardvale church to drop off the passengers.
- It will exit the parking lot onto Clark Road and take a left on Andover Street which will then turn into Red Springs Road.
- The bus will take a right on Essex Street and a slight right on School Street.
- From School Street it will take a left on Central Street and a right on Chestnut Street which will lead up back to Chestnut Court where the route began.
- The route 21 will then repeat its trip from the Chestnut court location during hours of operation for the Senior Center.

**Note:** When the Senior Center is closed the bus will not travel to the Ballardvale Church. The service will only happen when the Center is open.





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## Fitness Classes

### WINTER SESSION 2019: December 9, 2019 - February 21, 2020

All classes this session are \$25! There are no make up classes, no price adjustments

No classes held at the Youth Center during school vacation

Senior Center is closed on December 25, 2019, January 1, 2020, January 20, 2020; February 17, 2020

**EXERCISE CLASSES NEW LOCATION: 23 CLARK ROAD (unless noted differently)**

**PLEASE MAKE NOTE - THERE ARE SOME NEW DAYS & TIMES FOR CLASSES**

#### Breath, Balance & Body

Tuesdays | 9:15 am | Instructor: Pat Dumont

#### Energize with Exercise

Mondays | 3:00 pm | Instructor: Denise Boucher

Thursdays | 3:00 pm | Instructor: Andrea Deyermond

#### Line Dancing

Tuesdays | 2:30 pm | Instructor: Valerie Cagnina

#### Men & Women in Motion - at Youth Center

Tuesdays | 9:15 am | Instructor: Denise Boucher

Thursdays | 9:15 am | Instructor: Tracy Callahan

#### Sit & Get Fit

Tuesdays | 12:30 pm | Instructor: Denise Boucher

Thursdays | 12:30 pm | Instructor: Tracy Callahan

#### Strengthen & Stride - at Youth Center

Tuesdays 10:20 am | Instructor: Denise Boucher

Thursdays | 10:20 am | Instructor: Tracy Callahan

#### Strength Training

Wednesdays | 8:15 & 9:15 am | Instructor: Pat Dumont

Fridays | 8:15 & 9:15 am | Instructor: Barbara Maguire

#### Tai Chi Beginner

(starts Jan. 7)

Tuesdays | 1:20 p.m. | Instructor: Meg Holmes

#### Tai Chi Intermediate

(starts Jan. 9)

Thursdays | 2:30 pm | Class limit 10

Instructor: Meg Holmes

#### Tai Chi Advanced Beginner

(starts Jan. 9)

Thursdays | 1:20 pm | Instructor: Meg Holmes

#### Tap Dancing Basic - at Dance Infusion

Wednesdays, | 9 am | Instructor: Audrey Nason

#### Tap Dancing Performance - at Dance Infusion

Wednesdays, | 10 am | Instructor: Audrey Nason

#### Walk the Gym - at Youth Center

Tuesdays & Thursdays | 9:15 am - 11:15 am | free

#### Yoga Advanced Beginners

Wednesdays | 1 pm | Instructor: Pat Dumont

#### Yoga For All

Mondays | 1:00 pm | Instructor: Pat Dumont

#### Yoga for Beginners

Tuesdays | 10:30 a.m. | Instructor: Pat Dumont

## Outdoor Adventure Groups

**Both groups will break for the winter keep an eye on the newsletter for updates**

#### Men's Outdoor Adventure Group

Meet at 9 a.m.

- ♦ Wednesday, November 20 Weir Hill Reservation
- ♦ Wednesday, December 4 Bald & Wood Hills

meet at the Center

meet at the Dog Park on High Plain Rd.

#### Women's Outdoor Adventure Group (WOAG)

All hikes leave from the Center at 9 a.m. To be added to the WOAG email list, email Jane Gifun at fleecy.godmother@verizon.net

- ♦ Monday, November 18th - Haggets Pond



### Brown Bag

**Tuesday, December 10 at 9:00 am**

**NEW LOCATION:** 23 Clark Road (Ballard Vale United Church)

Brown Bag will not be held in November. Individuals must be 60+ with an income less than \$21,978 for a single person or less than \$29,637 for a couple, or on Mass Health, food stamps or another public benefit. Eligible participants receive a grocery bag of perishable and non-perishable food items. Typically, brown bags are distributed on the fourth Tuesday of the month. Individuals who meet the requirements and want to participate must request an application from a staff member. Cost: Free

### Parkinson's Disease Support Group update

The Parkinson's Support Group is temporarily on hold, pending space clarifications. Please contact Kristine Arakelian at 978-623-8320 for updated information.

### Caregiver Support Group

The Caregiver Support Group is temporarily on hold, pending space clarifications. Please contact Ashley English at 978-623-8320 for updated information.

### Hearing Aid Checks and Screening by appointment

**Tuesday, November 3 9:30 –10:30**

**NEW LOCATION:** Andover Hearing Center, 11 Chestnut St. #6

Wendy Ring, Audiologist is offering hearing aid cleanings and checks, as well as hearing screenings. Must call to make an appointment at 978-623-8320. First Tuesday of each month. Cost: Free

### Medical Equipment

The local Masons have a medical equipment loan program that is open to people in need of accessing hospital equipment. This loan program is free and open to all. Equipment can be picked up on Saturdays at 500 West Cummings Park, Suite 1150, Woburn, MA.

### Chair Massage

**Mondays in December**

**NEW LOCATION:** Hands in Motion, 10 Post Office Ave. #5

A seated chair massage will provide relaxation and self care. Must call to make an appointment at 978-623-8320. Mondays from 10 am-12 pm. Cost: \$15 for 20 minutes for seniors over 60

### Podiatry/Foot Care

**Wednesdays, call for Appointment**

**NEW LOCATION:** Bridges by Epoch, 254 Lowell Street, Andover

A nurse from Foot Care Focus provides foot care services to Andover seniors. Homebound seniors who are interested should contact Kristine Arakelian. A grant from the Andover Home for the Aged subsidizes this program. Must call to make an appointment at 978-623-8320. Appointments from 9 am-12 pm Cost: \$10

### Wellness Clinics

**Wednesdays from 2 pm - 3 pm**

**NEW LOCATION:** 23 Clark Road (Ballard Vale United Church)

Stop in for a blood pressure and weight check with our trained nurses. They are here to help you manage your day-to-day health needs. No appointment necessary. Cost: Free

**Andover Commons Mini Clinic:** Monday, November 18 2-3 pm

Monday, December 9th 2-3 pm

**Frye Circle Mini Clinic:**

Monday, November 25 1-2 pm

Monday December 16th 1-2 pm

## The Andover Senior Community FRIENDS, Inc.



### The Andover Senior Community FRIENDS upcoming meetings:

Friday, November 15 at 10:30 AM  
Please join us as we support so many  
of the free programs!  
Website: [andoverscf.org](http://andoverscf.org)

The Andover Senior Community FRIENDS, Inc.

PO Box 576  
Andover, MA 01810

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There are several openings on the FRIENDS board. If you are interested in participating please contact Ann O'Sullivan at (978) 623-8112.

Make your Amazon purchases through AmazonSmile ([smile.amazon.com](http://smile.amazon.com)) and enter the name of the Andover Senior Community Friends, Inc. as your charity. Amazon will donate a portion of the purchase price to the FRIENDS. It costs you nothing and will benefit our organization.

Help the FRIENDS support the programs at the Center at Punchard. Check out all we do! The FRIENDS are a 501c3

### Donations / Clean Out

As we prepare to transition to our temporary home, we will not be taking donated items.



We will also be cleaning out our closets and getting ready for the move. If you lead one of our craft groups, please contact Kathy for further discussion. We will work together to manage our craft supplies. Call Kathy at 978-623-8320 or email at [kathleen.byrne@andoverma.us](mailto:kathleen.byrne@andoverma.us)

## Staff

### Acting Director & Director of Community Services

Jemma Lambert  
[jemma.lambert@andoverma.us](mailto:jemma.lambert@andoverma.us)

### Social Work/Outreach

Kristine Arakelian, LCSW  
[karakelian@andoverma.gov](mailto:karakelian@andoverma.gov)

### Program Coordinator

Kathy Byrne, LSW  
[kathleen.byrne@andoverma.us](mailto:kathleen.byrne@andoverma.us)

### Transportation/Outreach

Shawna McCloskey, LSW  
[smccloskey@andoverma.gov](mailto:smccloskey@andoverma.gov)

### Volunteer Coordinator

Ashley English  
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### Office Assistant

Chris Marshall, Editor  
[chris.marshall@andoverma.us](mailto:chris.marshall@andoverma.us)

### Administrative Assistants

Caren Connor  
Patty McCloskey  
Kusum Basra

### Senior Connections

#### Day Program

Stephanie McSurdy  
Sharon Thomson, RN  
Mary McGettrick

### Nutrition Staff

Frank Melendez, Chef  
[fmelendez@andoverma.gov](mailto:fmelendez@andoverma.gov)  
Sue Starbird  
Tina Solari

### Drivers

George Perakis  
George Thomson

### Student Interns

Alison Graziano  
Lindsay Katkowski



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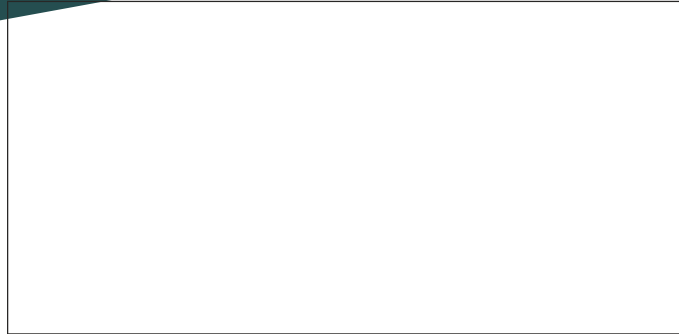
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